

A Guide to the
COMPLETE ENJOYMENT
of

POET



or
Moments of P!
with
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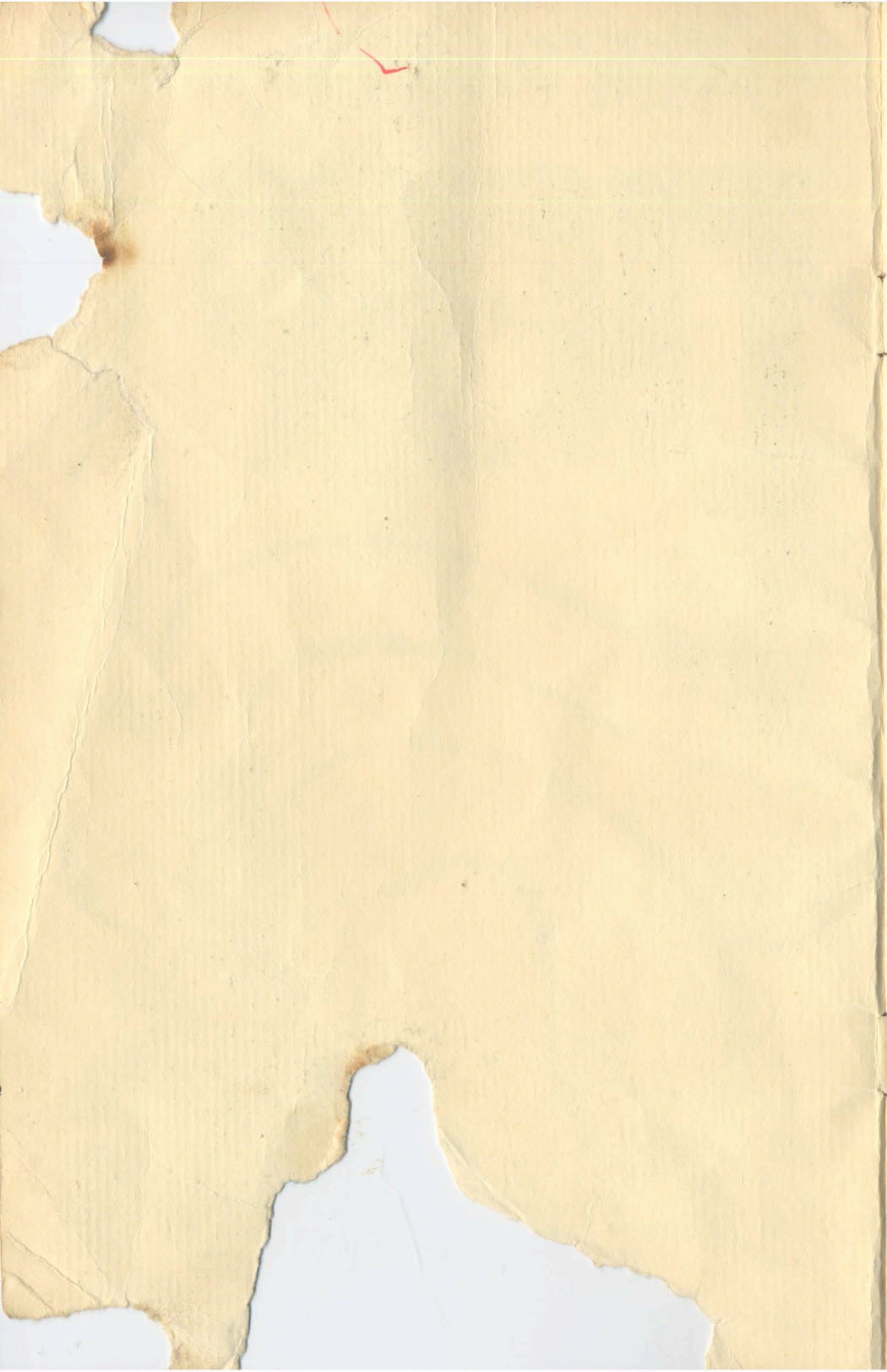




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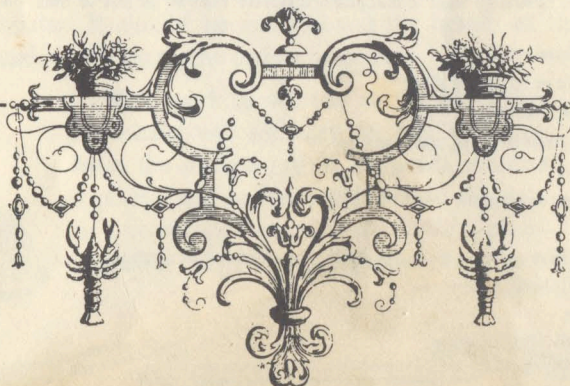
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GLOSSARY OF MARIJUANA TERMS

ACAPULCO GOLD: A superior grade of marijuana, somewhat gold in color and supposedly grown in the area of Acapulco, Mexico.

BAG: About one ounce of marijuana or a "lid"

BAGGED: High; how you feel after smoking marijuana

BLACK MOTE: Marijuana that has been cured by adding sugar or honey to it and then is buried for a period of time

BOMBED: High; bagged

BUMMER: Bad experience

BUM TRIP: Bad trip

BUNNION: A marijuana cigarette

BURN: A bad dope deal

BURNED: When you pay for marijuana and get something else such as oregano or tea

CRUTCH: The holder used to smoke a "roach" without burning fingers or lips

DEAL: To make a dope transaction

EUPHORIA: A state of well being associated with smoking marijuana

GOLD: Acapulco Gold; good grass

GRASS: Marijuana; hemp

HASH: A derivative of marijuana (Hash is more potent than marijuana)

HEAD: Marijuana smoker

HIGH: The state of mind produced by marijuana; euphoria

HIP: In the know; not straight

JOINT: A marijuana cigarette

KEY: A kilogram of marijuana (2.2 lbs.)

KILO: A kilogram of marijuana (2.2 lbs.)

LID: About one ounce of marijuana

LOADED: High on marijuana

MARIJUANA: Cannabis Sativa; hemp

MARY JANE: Marijuana

MATCH BOX: A penny match box full of marijuana

MOTA: Mexican term for good marijuana

NARCO: A narcotics agent

NARK: A narcotics agent

NUMBER: A marijuana cigarette

PANAMA RED: A superior grade of grass grown in Panama

POT: Marijuana

ROACH: The butt of a marijuana cigarette

ROACH CLIP: A device to hold a marijuana cigarette butt so as not to burn the fingers

SCORE: To purchase marijuana

STASH: Marijuana or its hiding place

STONED: High on marijuana

STRAIGHT: The uninitiated in marijuana use

STUFF: Marijuana

SUPER: Top value; extra good

TEA: Marijuana

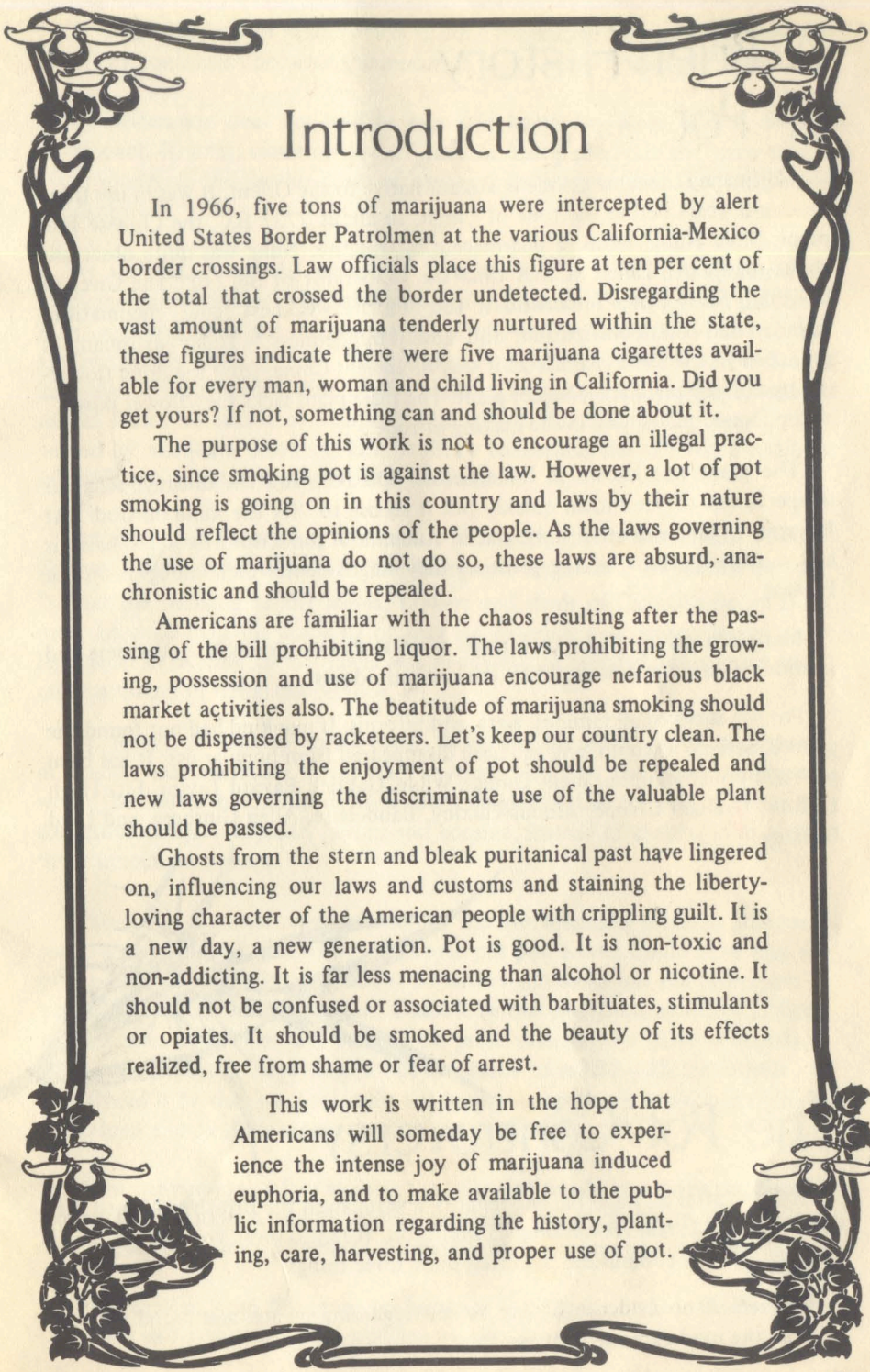
TRIP: The experience a person has while under the influence of marijuana

TRIPPING: An euphoric experience

WEED: Marijuana

WIPED OUT: High; stoned

ZONKED: High; superstoned



Introduction

In 1966, five tons of marijuana were intercepted by alert United States Border Patrolmen at the various California-Mexico border crossings. Law officials place this figure at ten per cent of the total that crossed the border undetected. Disregarding the vast amount of marijuana tenderly nurtured within the state, these figures indicate there were five marijuana cigarettes available for every man, woman and child living in California. Did you get yours? If not, something can and should be done about it.

The purpose of this work is not to encourage an illegal practice, since smoking pot is against the law. However, a lot of pot smoking is going on in this country and laws by their nature should reflect the opinions of the people. As the laws governing the use of marijuana do not do so, these laws are absurd, anachronistic and should be repealed.

Americans are familiar with the chaos resulting after the passing of the bill prohibiting liquor. The laws prohibiting the growing, possession and use of marijuana encourage nefarious black market activities also. The beatitude of marijuana smoking should not be dispensed by racketeers. Let's keep our country clean. The laws prohibiting the enjoyment of pot should be repealed and new laws governing the discriminate use of the valuable plant should be passed.

Ghosts from the stern and bleak puritanical past have lingered on, influencing our laws and customs and staining the liberty-loving character of the American people with crippling guilt. It is a new day, a new generation. Pot is good. It is non-toxic and non-addicting. It is far less menacing than alcohol or nicotine. It should not be confused or associated with barbituates, stimulants or opiates. It should be smoked and the beauty of its effects realized, free from shame or fear of arrest.

This work is written in the hope that Americans will someday be free to experience the intense joy of marijuana induced euphoria, and to make available to the public information regarding the history, planting, care, harvesting, and proper use of pot.

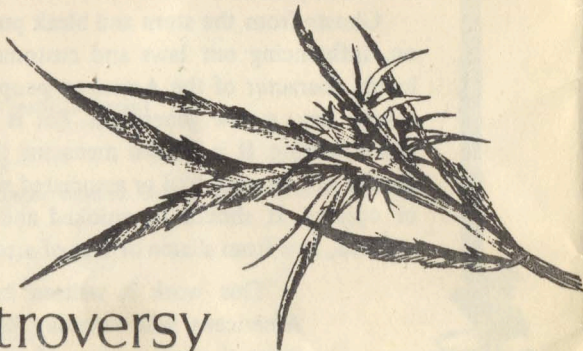
A Brief History of Pot

Marijuana (*cannabis sativa*) is a plant native to the Orient. It was in use three thousand years before the time of Christ. In about 2737 B.C. the Chinese Emperor, Shen Nung, wrote a pharmaceutical treatise. Nung was quite observant about marijuana, called at that time the "Liberator of Sin" or "The Giver of Delight." Shen Nung prescribed it for "female weakness, gout, rheumatism, malaria, beri-beri, constipation, and absent-mindedness." Today marijuana is produced in the same manner as it was in ancient China, from the dried flowering tips of the pistillate (female) plant. The male plant lacks the "flower power" of the female and is used in the making of rope.

The plant was known in India before 800 B.C. and the dreamy, religious temperament of the Indian quickly put it to use to "fix the mind on God". At Benares, Ujjain, and other holy places, students of the scriptures, yogis, bairagis and sanyasis partook of the plant so they might center their thoughts on the Eternal.

Marijuana was brought to Europe from the near east by the crusaders and introduced into the new world by the conquistadores.

Pot has survived all famines, wars, and reforms. If mankind had not found the plant beneficial it would long ago have disappeared from popular use. It has been praised by many famous men—Dumas, Wilde, Gautier, Bayard Taylor, Fitz Hugh Ludlow, Graham Greene, Aldous Huxley, Baudelaire, Allen Ginsberg, and Lord Buckley.



The Pot Controversy

In 1894, after an impartial and lengthy investigation the British published the *Report of the Indian Hemp Drug Commission*. It ran to seven volumes and over 3,000 pages. The commission admitted these three things:

1. There is no evidence of any weight regarding mental and moral injuries from the moderate use of these drugs.

2. Large numbers of practitioners of long experience have seen no evidence of any connection between the moderate use of hemp drugs and disease.

3. Moderation does not lead to excess in hemp any more than it does in alcohol. Regular, moderate use of ganja or bhang produces the same effects as moderate and regular doses of whiskey. Excess is confined to the idle and dissipated.

At the request of the mayor of New York, the New York Academy of Medicine conducted an exhaustive study of marijuana. They reported that smoking marijuana does not lead to mental or physical deterioration. The habitual smoker knows when to stop. Marijuana does not lead to addiction. No deaths have ever been recorded that can be ascribed to marijuana. Marijuana is not a causal factor in sexual or criminal misconduct. Juvenile delinquency is not caused by marijuana smoking. The publicity concerning the catastrophic effects of marijuana smoking in New York is unfounded.

At about the same time, Colonel J. M. Phalen, the editor of *The Military Surgeon*, headed his editorial "The Marijuana Bugaboo". He wrote, in part, "...that the smoking of the leaves, flowers and seeds of *Cannabis Sativa* is no more harmful than the smoking of tobacco or mullein or sumac leaves... the legislation in relation to marijuana was ill-advised...it branded as a menace and a crime a matter of trivial importance".

Dr. Robert S. deRopp, in his book, *Drugs and the Mind*, quotes the opinion of many "that marijuana never hurt anybody and that the Narcotics Bureau would do better to devote its time and energies to the control of the really dangerous drugs, morphine, heroin and cocaine, instead of chasing after a relatively innocuous weed".

This is just a partial representation of the overwhelming evidence that marijuana is not harmful. Then why do people put pot down? Could it be that the police-type mentality is anal-sadistic in nature and seeks not the protection of the individual, but his persecution? Could it be that marijuana would be difficult to levy taxes upon? Could it be that the press, realizing the value of sensationalism to sell papers, have singled out marijuana to saddle with the stigma of sin? Could it be that we Americans are becoming apathetic about our rights as individuals and so allow others to make our decisions for us?

If we truly lived in a free society, the following would be a guide the discriminating pot aficionado would employ as proper pot etiquette in the planting, care, harvesting and enjoyment of his marijuana. Unfortunately, it is illegal to do so.

Nevertheless, keep this guide on hand for the day is not far off when marijuana will be freely and legally available for all.

Growing Pot

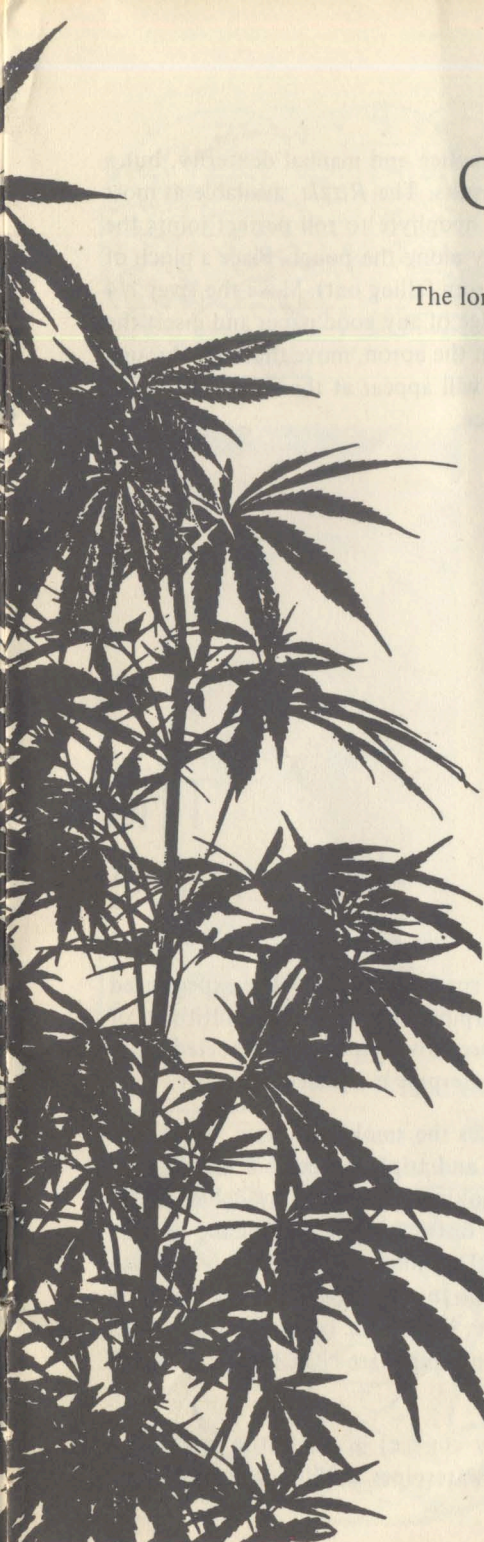
Marijuana is a hardy plant that will grow just about anywhere, providing a minimum amount of sunshine and rain are present. Thousands of acres of bottom land along the Mississippi and Missouri valleys are covered with healthy marijuana. The plant grows from a seed to full maturity in 10-15 weeks. You should soak the seeds overnight, then plant in moist, loose soil, $\frac{3}{4}$ of an inch deep, an inch apart.

A gardener's flatbox is ideal, and can be secured from any nursery for about 20 cents.

A little Black Magic Fertilizer works wonders if kneaded into the soil evenly before planting.

In 7-10 days the shoots will break the surface. In 1-3 weeks the plants should reach 6-10 inches, and they are then ready to transplant. Towards maturity (the plant grows anywhere from three to six feet high, and even higher on some happy occasions) the female plants will blossom forth with beautiful flowers. The male plant, useless for smoking, can be discarded at this point.





Harvesting and Curing Your Crop

Curing can be done quickly or slowly. The long process brings superior results, but to test the quality of your crop immediately, the quick process is used.

Cut off a small bunch of leaves and place them in an oven at the lowest possible temperature for 20-30 minutes until they will crumble in your fingers.

The long process involves allowing the leaves, which have been separated from the stalk, to dry naturally, requiring three to four additional weeks.

Then take a moderate mesh strainer, place a bowl beneath it and gently rub your pot against the strainer, crushing the leaves.

They will crumble and fall through in small particles. Occasionally bounce the contents slightly to free the pores, repeating the process until you are left with only seeds and stems. The stems should be discarded as they are very harsh on the throat if smoked.

Save the seeds for your next crop.

For an unusually pleasant and mellow flavor, a small amount of wine can be added to the finished product.

Place the pot in a small bottle and add a tablespoon of your favorite burgundy or white wine.

Cover, and within a few hours, the wine will spread throughout your pot, making it slightly moist and facilitating rolling.

Rolling Joints

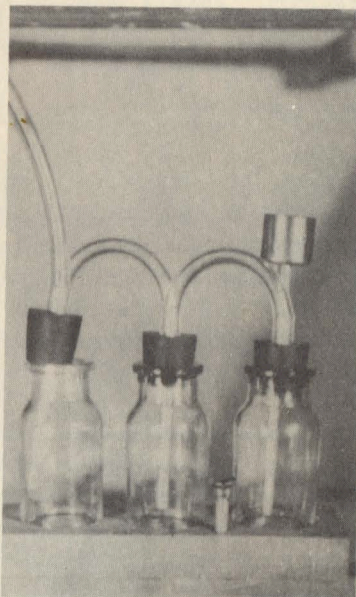
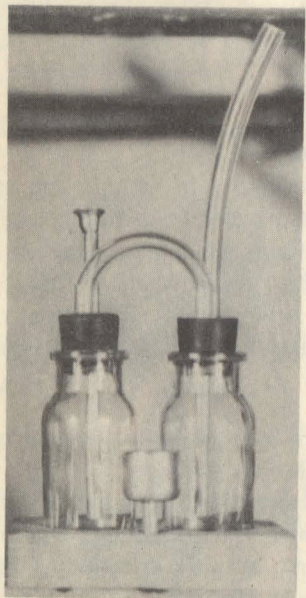
Joint rolling is an art requiring much practice and manual dexterity, but a cigarette rolling machine insures excellent results. The *Rizzla*, available at most tobacco stores for \$1.00, allows even the neophyte to roll perfect joints the first time. Spread 1/2 teaspoon of pot evenly along the pouch. Place a pinch of tobacco at each end (this will keep the pot from falling out). Move the lever 1/4 way through its arc. Moisten the gummed edge of any good paper and insert the dry edge in the fold. Placing slight pressure on the apron, move the lever through the rest of its arc. A perfectly formed joint will appear at the other end. Then smoke your joint. It's good any time, any place.

The Waterpipe

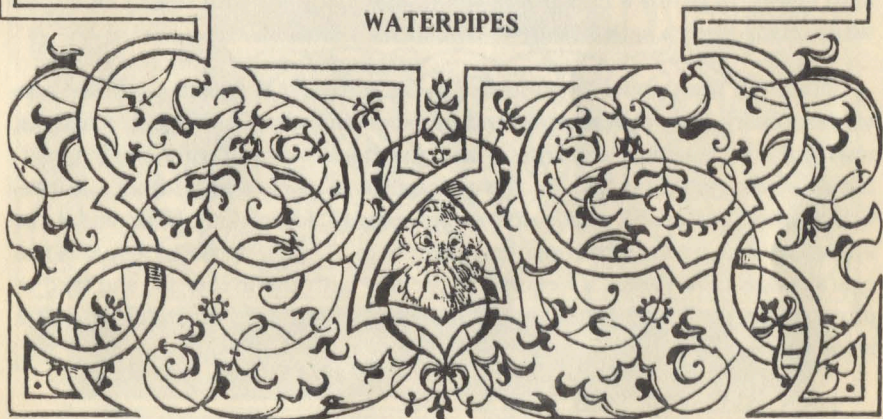
The waterpipe is your best investment in smoking pleasure. The experienced smoker knows the value of a good waterpipe. There are a multitude of waterpipes available. Many of the more decorative pipes are imported from India, Persia, and other countries where the waterpipe is a prized accessory.

The waterpipe cools the smoke and enables the smoker to draw larger and less harsh amounts of smoke. The double and triple waterpipes shown here produce the mildest and most pleasant smoking enjoyment available. These waterpipes are made in the Haight-Ashbury district of San Francisco and are available at stores there or from Enterprise Distributors, P.O. Box 5072, San Francisco, California 94101. Each pipe has two interchangeable bowls. All parts are removable for easy cleaning. Water, wine, liquors, or other favorite liquids may be used in the pipe as desired. (These waterpipes are NOT intended for use with any illegal substance.)

Tobacco smoked with a wine (preferably cognac) in the bottle produces a good mild high. When pot is legalized these waterpipes should also be excellent for pot smoking.



THE DOUBLE AND TRIPLE
WATERPIPES



Proper Pot Atmosphere

There are those individuals, somewhat meditative in nature, who enjoy smoking pot alone. This is generally done in the privacy of one's room, listening to favorite phonograph records. Many pot enthusiasts prefer jazz at these blissful moments, however any kind of music—whatever the individual prefers, be it folk, rock-and-roll, folk-rock, classical, popular or western—is enjoyable at these times of peace and being-awareness. Indian ragas have become quite popular recently.

Since pot will sometimes cause the mouth to feel dry, ice-water, iced tea or some other beverage should be available. A little wine is proper, but too much alcohol destroys the effects of marijuana. Pot also increases the appetite and the user will find a new joy in a "Baby Ruth" or a "Mr. Goodbar". Hot fudge sundaes are a special treat at these moments, but, as in the selection of music, the individual should let his own particular tastes be his guide.

If the individual should find he enjoys pot best in a pastoral setting, it is an easy matter to go for a hike in the woods and enjoy the lush beauty of nature while taking along a bag of candy to titillate his taste buds.

Other pot users prefer to get loaded in the company of friends. As in the case of the solitary user, refreshments and music are in order. Card games, anagrams, monopoly, etc., assume a charming new aspect when played while smoking pot. Everyday conversations take on the appearance of phrases lifted from a Robbe-Grillet novel. Although pot is not an aphrodisiac, lovemaking while under the influence is a never-to-be-forgotten experience. Orgies, frowned on in some quarters, are nevertheless a frequent happening with the livelier set and tend to promote goodwill and fellowship. Others prefer intimate sex relations with a beloved one.

Pot is good for the Mind, Body and Soul.

RECIPES



POTPOURRI



Marijuana needn't always be smoked. It can be served as tea (iced marijuana tea is a summertime favorite) or can be added to whatever food the individual finds to his particular liking. A half cup of pot in your spaghetti sauce makes a delightful dish sometimes referred to as Pottza. However, pot is more commonly used in confections and pastries (Toll House cookies are delicious when you add 1/2 cup of pot to your batter). Here are a few recipes which tempt the palate and soothe the soul.

TRUE SPANISH POT OMELET

2 medium-sized raw potatoes,	1/3 cup olive oil
peeled and diced	4 eggs beaten
1/2 cup of pot	salt and pepper

Cook potatoes in oil, turning often until tender but not brown. Remove from the oil, drain on absorbent paper; cool to room temperature. Drain any surplus oil from skillet, leaving just a film. Reheat skillet. Combine eggs, salt, pepper, potatoes, and pot. Pour into the hot skillet, lifting the edges frequently until the omelet is browned on the bottom. Turn and brown the other side. Makes 4 servings.



POT RAREBIT

2 tablespoons butter or margarine	1 can (1 lb.) red kidney beans
1/4 cup minced onion	1 cup milk
1 teaspoon salt	1-1/2 cups grated sharp cheddar cheese
1/8 teaspoon pepper	1/2 cup pot

Melt butter or margarine in saucepan. Add onion; cook over low heat until tender. Blend flour, salt, and pepper. Add milk; stir over low heat until thick and smooth. Add cheese and pot; stir until melted. Add kidney beans; heat thoroughly. Serve on toast.
Makes six servings.

LASAGNE

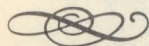
1 lb. Italian sausage
1 clove garlic, minced
1 tablespoon whole basil
1½ teaspoons salt
1-1 lb. can (2 cups) tomatoes
2-6-ounce cans (1-1/3 cups)
tomato paste

10 ounces lasagne or wide
noodles
3 cups fresh Ricotta or creamy cottage
cottage cheese

1/2 cup grated Parmesan or
Romano cheese
2 tablespoons parsley flakes
1 cup chopped pot
2 beaten eggs
1 teaspoon salt
1/2 teaspoon pepper
1 lb. Mozzarella cheese,
sliced very thin

Brown meat slowly; spoon off excess fat. Add next five ingredients. Simmer uncovered 30 minutes, stirring occasionally. Cook noodles in large amount boiling salted water until tender; drain; rinse. Combine remaining ingredients, except Mozzarella cheese. Place half the noodles in 13x9x2-inch baking dish; spread with half the cottage-cheese filling; add half the Mozzarella cheese and half the meat sauce. Repeat layers with sprinkling of pot between. Bake at 375° about 30 minutes. Let stand 10 minutes before cutting in squares—filling will set slightly.

Makes a banquet for 12.



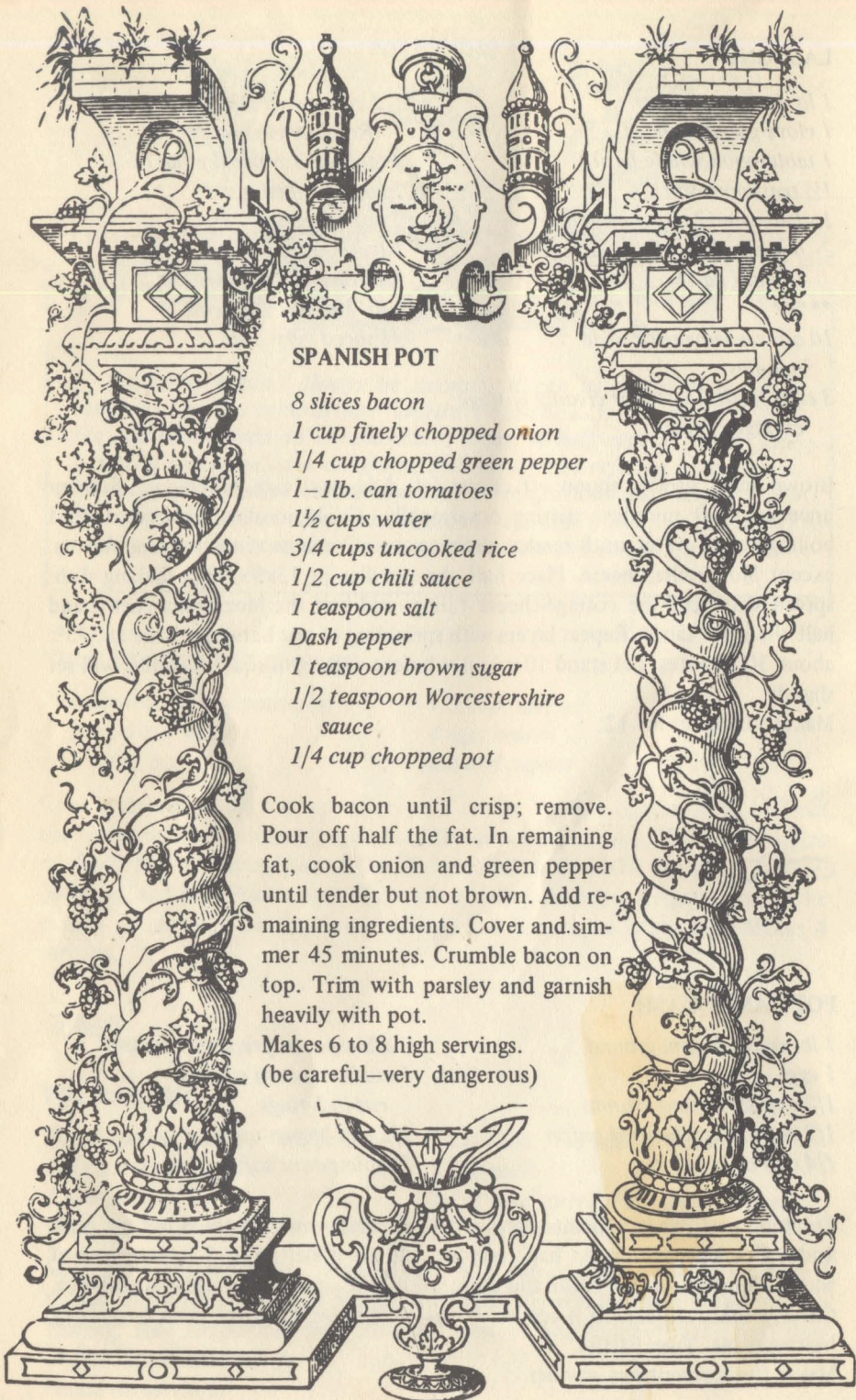
POT HAM-SQUASH

1 lb. cooked ham, ground
1 egg
1/2 cup soft bread crumbs
1/2 cup finely chopped onion
1/4 cup chopped pot

2 tablespoons prepared mustard
1 medium acorn squash,
cut in 5 rings
1/2 cup brown sugar
2 tablespoons soft butter

Combine first five ingredients; form in five patties; brown lightly in hot fat; push aside. Cut squash rings in half; season. Add to skillet. Add 2 tablespoons of water. Combine brown sugar and butter; dot over squash, and sprinkle with pot. Cover, cook until squash is tender, 15 to 20 minutes. Uncover, cook 5 minutes, basting often. Turn patties.

Makes five scrumptious servings.



SPANISH POT

8 slices bacon
1 cup finely chopped onion
1/4 cup chopped green pepper
1-1lb. can tomatoes
1½ cups water
3/4 cups uncooked rice
1/2 cup chili sauce
1 teaspoon salt
Dash pepper
1 teaspoon brown sugar
1/2 teaspoon Worcestershire
sauce
1/4 cup chopped pot

Cook bacon until crisp; remove. Pour off half the fat. In remaining fat, cook onion and green pepper until tender but not brown. Add remaining ingredients. Cover and simmer 45 minutes. Crumble bacon on top. Trim with parsley and garnish heavily with pot. Makes 6 to 8 high servings. (be careful—very dangerous)

ACAPULCO GREEN

<i>3 ripe avocados</i>	<i>1/2 cup chopped pot (more or less)</i>
<i>3 tablespoosn wine vinegar</i>	<i>2 teaspoons chili powder</i>
<i>1/2 cup chopped spanish onions</i>	

Mix vinegar, pot and chili powder. Let stand for one hour, add avocados and onions, mash and mix well, serve with tacos or as a dip.



POT SOUP

<i>1 can condensed beef broth</i>	<i>3 tablespoons chopped watercress</i>
<i>1/2 can of water</i>	<i>3 tablespoons lemon juice</i>
<i>3 tablespoons chopped pot</i>	

Combine in a saucepan and bring to a boil over medium heat. Place in refrigerator for two or three hours, reheat and serve.



BOSTON BEAN POT

<i>1 large can (1 lb. or 13 oz.) pork and beans</i>	<i>1/2 teaspoon hickory salt</i>
<i>1/2 cup light molassas</i>	<i>4 slices bacon</i>
<i>1/2 cup pot</i>	<i>3 pineapple rings</i>

Mix together in a casserole, cover top with pineapple and bacon, bake in 350° oven for about 45 minutes.

Serves six.



THE MEAT BALL

<i>1 lb. hamburger</i>	<i>3 tablespoons chopped pot</i>
<i>1/4 cup bread crumbs</i>	<i>1 can cream of mushroom soup</i>
<i>1/4 cup chopped onions</i>	<i>3 tablespoons india relish</i>

Mix it all up and shape into meat balls. Brown in a frying pan and drain. Place in a casserole with soup and 1/2 can of water, cover and cook over low heat for about 30 minutes.

Serves four.

SPAGHETTI SAUCE

<i>1 can (six oz.) tomato paste</i>	<i>1 bay leaf</i>
<i>1 can (six oz.) water</i>	<i>1/2 cup chopped pot</i>
<i>2 tablespoons olive oil</i>	<i>1 pinch thyme</i>
<i>1/2 clove minced garlic</i>	<i>1 pinch pepper</i>
<i>1/2 cup chopped onion</i>	<i>1/2 teaspoon salt</i>

Mix in a pot, cover and simmer with frequent stirring for thirty minutes. Serve over spaghetti.



POT LOAF

<i>1 pack onion soup mix</i>	<i>1 egg</i>
<i>1 lbs. ground beef</i>	<i>1/2 cup pot</i>
<i>1 (16 oz.) can whole peeled tomatoes</i>	<i>4 slices crumbed bread</i>

Mix all ingredients and shape into a loaf. Bake for one hour in 400% oven. Serves six.



CHILI POT

<i>2 lbs. pinto beans</i>	<i>2 cups red wine</i>
<i>1/2 clove garlic</i>	<i>1/2 cup mushrooms</i>
<i>1 lb. bacon, cut in 2 inch sections</i>	<i>4 tablespoons chili powder</i>
<i>1 cup pot</i>	

Soak beans overnight. In a large pot pour boiling water over beans and simmer for at least an hour, adding more water to keep beans covered. Now add all other ingredients and continue to simmer for another three hours. Salt to taste. Serves ten.



BIRD STUFFING

<i>5 cups rye bread crumbs</i>	<i>3 tablespoons melted butter</i>
<i>1/3 cup chopped onions</i>	<i>1/2 cup each of: raisins, almonds, celery and pot.</i>
<i>2 tablespoons poultry seasoning</i>	<i>2 tablespoons red wine</i>

First mix it all up, then stuff it up tight.

HIGH CURRY

1/3 cup butter
1/2 cup chopped onion
1/4 to 1/2 cup chopped
green pepper
2 cloves garlic, minced
2 cups sour cream
2 teaspoons lemon juice
2 teaspoons curry powder

3/4 teaspoon salt
1/2 teaspoon ginger
Dash chili powder
Dash pepper
1/2 cup pot
3 cups cleaned cooked or canned
shrimp, split lengthwise in half
(about 2 pounds in shell)

Melt butter; add onion, green pepper, garlic. Cook until tender but not brown. Stir in sour cream, lemon juice, seasonings and pot; add shrimp. Cook over low heat, stirring constantly, just until hot through. (Sauce is traditionally thin.) Serve over hot rice or Yellow Rice. Offer condiments—coconut, chopped nuts, raisins, chutney.
Serves six.

YELLOW RICE: To 2 cups boiling water, add one teaspoon salt and 15 grains saffron. Stir in 1 cup uncooked rice. Return to boil, reduce heat to low, cover, and cook until tender, about 25 minutes.
Makes three cups.



BEST OVEN HASH

1½ cups coarsely ground
cooked beef
1 cup coarsely ground
cooked potatoes
½ cup coarsely ground onion
¼ cup chopped parsley
1 teaspoon salt
Dash pepper

½ cup pot
2 teaspoons Worcestershire
sauce
1 six ounce can (2/3 cup)
evaporated milk

1/3 cup slightly crushed corn flakes
1 tablespoon melted butter

Lightly mix beef, potatoes, onion, parsley, seasonings, pot and milk. Turn into greased one-quart casserole. Mix corn flakes and butter; sprinkle over top. Bake in moderate oven (350°) 30 minutes or until heated through.
Makes 4 servings.

HUNGARIAN POTLASH

*2½ lbs. beef round steak or
veal, cut in ½-inch cubes
1 cup chopped onion
1 clove garlic, minced
¼ cup all-purpose flour
1½ tablespoons paprika
1½ teaspoons salt*

*¼ teaspoon pepper
¼ teaspoon thyme
2 bay leaves
1 can (3½ cups) tomatoes
1 cup pot
1 cup sour cream*

Brown meat, half at a time, in ¼ cup hot fat. Reduce heat; add onion and garlic; cook till onion is tender but not brown. Blend in flour seasonings and pot. Add tomatoes. Cover; simmer, stirring occasionally, till meat is thoroughly cooked. Stir often toward end of cooking. Stir in sour cream. Serve over hot noodles. Serves 8 Hungarians.



GLORIFIED HIGH

*1 9-ounce can crushed pineapple
2/3 cup packaged precooked rice
2/3 cup water
1/2 teaspoon salt
1-1/2 cups tiny marshmallows*

*1 fully ripe banana, diced
2 teaspoons lemon juice
1 cup whipping cream, whipped
1/4 cup pot*

Drain pineapple; reserve syrup. In saucepan, combine rice, water, syrup, and salt. Mix just to moisten rice. Bring quickly to boil; cover, and simmer for five minutes. Remove from heat; let stand five minutes. Add marshmallows, pineapple, banana, juice and pot. Cool. Fold in whipped cream. Chill. Eight to ten glorious servings.



QUICKIE POT CHEESECAKE PIE

Make crust: Combine 1¼ cups plain—or cinnamon graham cracker crumbs and ¼ cup butter or margarine, melted. Press into buttered 8-inch pie plate, building up sides.

For filling, soften one 8-ounce package cream cheese; beat until fluffy. Gradually blend in ½ cup sugar, 1 tablespoon lemon juice, ½ teaspoon vanilla, dash of salt and ¼ cup pot. Add two eggs, one at a time; beat after each. Pour filling into crust. Bake in slow oven (325°) until set, 25 to 30 minutes. Combine one cup sour cream, 2 tablespoons sugar, and ½ teaspoon vanilla. Spoon over top of pie. Bake ten minutes longer. Cool. Chill several hours. Serve with strawberries or blueberries and garnish with pot.

Excellent with high tea.

PEANUT AND POT MARGUERITES

1 egg white
2/3 cups sugar
1/8 teaspoon salt

1/2 cup pot
1/3 cup chopped peanuts
1/4 teaspoon vanilla

Whip egg white until foamy. Gradually sprinkle on sugar and salt, continuing to whip until stiff but not dry. Fold in peanuts, pot, and vanilla. Drop by teaspoons on greased cookie sheet. Bake at 325 degrees for fifteen minutes or until golden brown. Remove at once from sheet. Cool on a wire rack.
Makes about 18 cookies.



QUICKIE POT FUDGE

2 packages (2 cups) semisweet chocolate pieces
3/4 cup sweetened condensed milk

1 teaspoon vanilla
1/2 cup pot

Melt semisweet chocolate over hot (not boiling) water. Remove from heat; stir in milk, vanilla, pot. Mix well. Turn into buttered pan or shape as desired. Let stand several hours or overnight.
Makes about 1-1/4 lbs.



BANANA BREAD

1/2 cup shortening
1 cup sugar
2 eggs
1 cup mashed bananas
1 teaspoon lemon juice

2 cups sifted flour
3 teaspoons baking powder
1/2 cup pot
1/2 teaspoon salt.
1 cup chopped nuts

Mix shortening and sugar, beat eggs and add to mixture. Separately mix bananas with lemon juice and add to first mixture. Sift flour, salt and baking powder together then mix all ingredients together. Bake for 1-1/4 hours in 375° oven.

HIGH TEA

2 tablespoons seeds

2 tea bags

1 tablespoon pot

honey

oranges

cinnamon sticks

Boil 4 cups water with seeds and pot for 15 minutes, add tea bags and honey to taste, serve in cups containing large chunks of oranges and cinnamon stick.



APPLE TURN-ON

4 apples (cored)

4 cherries

1/2 cup brown sugar

1/3 cup pot

1/4 cup water

2 tablespoons cinnamon

Powder the pot in a blender. Mix pot with sugar, water and cinnamon. Stuff cores with this paste, top each apple with a cherry and bake for 25 minutes.



BROWNIES

1/2 cup flour

1/4 teaspoon baking powder

3 tablespoons shortening

1/2 cup sugar

2 tablespoons honey

2 tablespoons corn syrup

1 egg (beaten)

1 square melted chocolate

1 tablespoon water

1 teaspoon vanilla

1/2 cup pot

1/2 cup copped nuts

pinch salt

Sift flour, baking powder and salt together. Mix shortening, sugar, honey, syrup and egg. Blend in chocolate then the other ingredients, mix well. Spread in an 8" pan and bake for 20 minutes at 350°.



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